MMWR

A MINUTE OF HEALTH WITH CDC

Pass on the Salt

Excess Dietary Sodium Intake — United States, 2003-2010 Recorded: December 17, 2013; posted: December 19, 2013

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

A pinch of salt can add flavor to a meal. However, excess sodium is a major cause of high blood pressure, which can lead to cardiovascular disease, the leading cause of death in the U.S. U.S. sodium intake changed little in the last decade and about eight in 10 preschool children and more than nine in 10 older children and adults consume too much.

To reduce the amount of sodium in your diet, limit high sodium processed foods, eat more fresh or frozen fruits and vegetables without sauce, read nutrition facts labels and choose the lowest sodium options, and ask for low sodium menu items when eating out.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit <u>www.cdc.gov</u> or call 1-800-CDC-INFO.